



## **NEUROLOGICAL SURGERY & SPINE SURGERY, S.C.**

1 WESTBROOK CORPORATE CENTER, SUITE 800

WESTCHESTER, ILLINOIS 60154-5742

PHONE (708) 343-3566 FAX (708) 343-3585

[www.illinoisneurospine.com](http://www.illinoisneurospine.com)

**ANDREW S. ZELBY, M.D., F.A.C.S.**  
Assistant Professor of Neurosurgery  
Rush University Medical Center  
Board Certified Neurosurgeon

**FRANCISCO J. ESPINOSA, M.D., Ph.D.,  
F.R.C.S.(C), F.A.C.S.**  
Board Certified Neurosurgeon

**SEAN A. SALEHI, M.D.**  
Former Assistant Professor of Neurosurgery  
Northwestern University  
Board Certified Neurosurgeon

**KIMBERLY J. MERCURIO, M.D.**  
Physical Medicine and Rehabilitation  
Board Certified Physiatrist

## **Discharge Instructions**

### **Craniotomy or Burr Hole**

#### **Activity:**

1. You may walk and use stairs as tolerated. You do not need to stay at home.
2. Avoid strenuous activities, such as bending, lifting and twisting. Lift no more than 5-10 pounds for the first 2 weeks.
3. Try to avoid driving until seen in the clinic.
4. You may shower beginning the fifth day after surgery. Try not to let the shower hit the area of surgery directly, but let the water run down from above the surgical site.
5. You may not have sex until seen in the office for 2 weeks.
6. You may resume your usual diet.

#### **Medications:**

1. Take the pain medication you have been prescribed as needed. If you do not need strong pain medication, you may just take Tylenol.
2. If you are constipated, use milk of magnesia as directed on the bottle.
3. Resume your preoperative medications except the blood thinners unless otherwise instructed. Ask our office in the first post-operative visit when to resume such blood thinner medications.

#### **Follow-up care:**

1. Call the doctor's office for an appointment (708.343.3566). You will need to be seen 2 weeks after surgery unless instructed otherwise.
2. Call the doctor if you get any of the following:
  - Severe headache unresponsive to pain medication
  - Fever
  - Bleeding from the surgical site
  - Swelling, redness or any drainage from the surgical site
  - Weakness or numbness in face and/or any extremities
  - Drowsiness, nausea or vomiting
  - Visual changes
  - Seizures
2. You may call for any other questions or concerns as needed. However, if you only need your medication refilled, call during our normal office hours to get them refilled (7:00a.m.- 4:00p.m.), Monday – Friday.